

## **PYRAMID MEDITATION: VIC, AUSTRALIA**



Here in Melbourne, which is in the state of Victoria, Australia, we do things differently!!

We have a group of intrepid explorers who meet about once every two months at the home of Herman and Lyn in Rye, a beautiful suburb in the outskirts of Melbourne near the beach. The most unusual thing about this meeting is that Herman has built a pyramid on his property for our meditations.

Our last meeting was held on Sunday 17 November 2013. We all left Melbourne for the long drive out to the beach, about an hour and a half – in beautiful mild sunny weather.

We weren't sure if our beautiful Melbourne weather would hold out as far as Rye, but we needn't have worried. The sun was shining, and it was not hot, or cold, just right. On this occasion only 4 of us travelled down, normally we have around 8 explorers attending.

Herman and Lyn, who are now retired, once owned and operated a restaurant in Melbourne called "The Brass Tavern". It was a perfect partnership with Herman cooking in the back and Lyn running the front of house.

We got there around 11am, sat around talking, catching up on news and nibbling on some yummy goodies.

Then it's into the pyramid where we listened to a Hemi-Sync® meditation. As you can imagine, meditating in a pyramid is fabulous!! This is one time where I fully participate in the meditation – and I start "flying high" from the time I hear those Hemi-Sync® tones. After the meditation we have a discussion and most report that they had a wonderful time.

After the meditation is lunch, which by now Lyn has set up on the veranda. This of course is usually a feast with wonderful food cooked by Herman and helped by Lyn. Food, wine, conversation, laughter and some “weird” talk thrown in – what could be better!

So, the next time you’re in Melbourne look me up and we’ll arrange to take you out to Rye!



Herman & Lyn